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ABSTRACT

The Type A construct, which consists of such psychological components as a sense of time urgency, competitive aggressiveness, and easily aroused hostility wich are manifested under appropriately challenging circumstances, has been studied to a great extent in adult white males. There is less research, however, on how these characteristics are manifested in females. This study sought to determine whether or not Type A females would display higher levels of hostility after being in a situation which might arouse their sense of time urgency. Subjects were undergraduate females, 20 of whom had been classified as Type A and 20 of whom had been classified as Type B according to the Structured Interview of Friedman and Rosenman. A 2 x 2 between group factorial design was used in which the factors were the Type A or B classification and being forced to wait or not forced to wait. All subjects reported to testing rooms to complete the Interpersonal Behavior Survey; experimental subjects were forced to wait without explanation and control subjects were not forced to wait before completing the instrument. The results revealed that Type A subjects did not have higher hostility scores on two subscales (Hostile Stance and Disregard for Rights) of the Interpersonal Behavior Survey than did Type B women. In addition, there was no significant interaction between Type A classification and the condition of being forced to wait on both measures of hostility. (NB)

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Experience and Expression of Hostility In Type A Women Who Are Forced To Wait

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Introduction

The Type A construct consists of a variety of psychological components such as a sense of time urgency, competitive aggressiveness, and easily aroused hostility which are manifested under appropriately challenging circumstances. While these psychological characteristics have been studied to a great extent in adult white males, there is less research on how these characteristics are manifested in females. We sought to determine whether or not Type A females would display higher levels of hostility after being in a situation which might arouse their sense of time urgency.

A 2 x 2 between group factorial design was used in which the factors were the Type A or B classification and being forced to wait or not forced to wait. The following hypotheses were made:

Hypothesis 1. Type A women would have higher hostility scores on two subscales of the Interpersonal Behavior Survey (IBS) than Type B women.

Hypothesis 2. There would be a significant interaction between Type A classification and the condition of being forced to wait on both measures of hostility.

Subjects

Subjects consisted of 40 undergraduate females with a mean age of 22.9 years and a range in ages from 18 to 44 years. Twenty of the subjects had been classified as Type A and 20 were classified as Type B according to the Structured Interview of Friedman and Rosenman (1960).

Instruments

The following instruments were used in this study.

Structured Interview. The current form of the Structured Interview consists of 25 questions designed to elicit information about an individual's typical way of responding to a variety of situations, such as waiting in line and various situations which might be expected to elicit impatience, hostility, and competitiveness from Type A persons. The assessment of the Type A pattern is based primarily on voice stylistics such as loud, explosive, rapid, or accelerated speech.

The Structured Interview yields four classification categories: A-1 (fully developed Type A), A-2 (incompletely developed Type A), Type X (an equal representation of Type A and Type B characteristics), and Type B (an absence of Type A characteristics), and Type B (an absence of Type A characteristics) (Matthews et al., 1982). Although only the dichotomous A/B classification was used to assign subjects to experimental conditions, all four categories were employed in analyzing the interviews. Two raters were used and interrater agreement was 84%.

The Interpersonal Behavior Survey (IBS) developed by Maugher and Adkinson (1980). The IBS is a 272-item self-report inventory for the assessment of aggressiveness and assertiveness. Of particular interest for the present study were the scores on two aggressiveness subscales which seemed consistent with the definition of hostility in current Type A research. The Hostile Stance scale reflects an antagonistic orientation

toward other people and a view of the world that justifies aggression inorder to get ahead in life. The Disregard for Rights scale measures the tendency to ignore the rights of others to gain an advantage.

Procedure

In the first phase of this study, subjects were screened until 20 Type A subjects and 20 Type B subjects had been identified. Subjects with a Type X classification were not used. Once classified, Type A and B subjects were alternately assigned either to the experimental condition or the control condition. Thus, there were 10 Type A and 10 Type B subjects in each of four conditions.

Each subject was instructed to appear at the testing rooms a week later for phase two of the study. They were told that this was a test about their feelings about themselves and their relationships with others. Each subject in the experimental condition was kept waiting for 5 minutes outside the testing room. The female research assistant, a confederate of the investigator, emerged after this five-minute delay, and requested that the subject wait for her in the testing room. This request was delivered without apology or explanation for the delay. Each subject was subsequently kept waiting for an additional 15 minutes. Again, no apology or explanation was offered. The subject was then given the IBS to complete.

Subjects in the control condition were met at the appointed time by the research assistant. Communication with these subjects was also standardized. That is, the assistant was polite, but not overly friendly as

she reviewed the instructions for completing the IBS. After these subjects completed the IBS, they were given a neutral questionnaire about research participation to complete. Each control and each experimental subject was debriefed and told the true nature of the study when all questionnaires were completed.

The research assistant was unfamiliar with the design and hypotheses of the study and was unaware of the subjects' Type A or Type B classification. She received extensive training on the instructions to be followed with each condition.

Results

Examination of the data in Tables 1 through 4 shows that the hypotheses of this study were not supported.

Hypothesis 1. Type A women were not found to have higher scores on the two subscales of the IBS, Hostile Stance and Disregard for Rights, than Type B women. The mean scores for both groups were very similar and there was no main effect for A/B classification (as seen in Tables 3 and 4).

Hypothesis 2. The hypothesis that Type A women in the experimental condition would have the highest scores was not supported. In Tables 3 and 4, the 2 x 2 analyses of variance for both subscales showed no interaction effects between Type A classification and experimental condition.

Discussion

There are several explanations which will be considered for the failure to obtain significant results in the present study.

Table 1

Means and Standard Deviations on the Hostile Stance Subscale by Condition and A/B Classification

Classification		Condition: Experimental	Control	Total
Type A	Mean	5.700	7.000	6.350
	SD	3.199	4.269	3.731
	N	10	10	20
Type B	Mean	7.700	6.100	6.900
	SD	5.314	4.383	4.811
	N	10	10	20
Total	Mean	6.700	6.500	6.625
	SD	4.390	4.236	4.259
	N	20	20	40

Table 2

Means and Standard Deviations on the Disregard for Rights Subscale by Condition and A/B Classification

Classification		Condition: Experimental	Control	Total
Type A	Mean	2.000	2.100	2.050
	SD	1.764	1.912	1.791
	N	10	10	20
Type B	Mean	2.700	1.900	2.300
	SD	2.163	1.595	1.895
	N	10	10	20
Total	Mean	2.350	2.000	2.175
	SD	1.954	1.717	1.824
	N	20	20	40

Table 3

Analysis of Variance on the Hostile Stance Subscale by Condition and A/B Classification

Source of Variation	df	Mean Square	F	p
Condition	1	.224	.012	NS
A/B Classification	1	3.025	.159	NS
Condition x Classification	1	21.025	1.108	NS
Error	36	3.497		

Table 4

Analysis of Variance on the Disregard for Rights Subscale by Condition and A/B Classification

Source of Variation	df	Mean Square	F	p
Condition	1	1.225	.350	NS
A/B Classification	1	.625	.179	NS
Condition x Classification	1	2.025	.579	NS
Error	36	3.497		

Within any given sample of Type A individuals, research has shown that only a certain subset of those individuals will actually develop coronary heart disease. Citing Dembrowski and Williams, Logan Wright wrote in the January 1988 American Psychologist, "Only certain aspects of the Type A behavior pattern are toxic." Although identified as Type A by their voice stylistics, perhaps the women in this study just did not possess the combination of time urgency, impatience, and hostility.

There are two factors which might help explain why the Type A characteristics in these women were mild or possibly incompletely developed. First of all, of approximately 60 subjects screened with the Structured Interview, there were only 4 subjects identified as Type A-1 by both raters. Thus, of the 20 subjects in the Type A group, 4 were A-1's and 16 were Type A-2's or the less well developed Type A pattern.

Secondly, the mean age of the women in the Type A group was 23.1 years. Recent research has suggested that most women will show the more fully developed Type A pattern between the ages of 30 to 35. While these 20 young women could be identified as Type A on the basis of voice stylistics, maybe they would be less willing to overtly express these characteristics than, for example, a 33 year old Type A woman. Certainly, more research is needed on the possibility of a chronological process.

Another consideration is that perhaps the two IBS subscales--Hostile Stance and Disregard for Rights--did not really capture the way in which women experience and express hostility. Possibly these two subscales might

be more in line with the ways in which men express hostility. More research on possible sex differences is needed.

Also, in future research of this kind, we would want to use a variety of measures including one which would be sensitive to changes in state or mood, such as Spielberger's State-Trait Anger Scale.

The experimental manipulation of making women wait a total of 20 minutes without explanation or apology seemed to have no effect in this study. Perhaps in the context of being made to wait by a researcher in a university setting, waiting lost the kind of irritating quality it has in real life settings such as having to wait in bank lines or in traffic. It has also been shown that for the Type A woman to show the physiological manifestations of the Type A pattern, the situation has to have some personal relevance for her. Possibly, an experimental manipulation involving more actual interpersonal provocation would have been more conducive to drawing out the more overt behavioral manifestations of Type A.

Finally, recent research has suggested that the Type A individual who feels chronically hostile but who holds anger in is probably at highest risk of developing coronary pathology. In the design of this study, there was no way to determine whether or not the Type A women felt hostile but were unwilling to express hostility on the questionnaire. It seems, however, that within the broader context of socialization, women are often taught not to express negative emotions regardless of how they feel. More phenomenological, physiological, and longitudinal work must be done to

determine how women experience and express hostility and what the health outcomes of that expression or lack of it are.